
































May 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  1:30-Art Class w/Fran Perrone(7A) 5:30 – English Conversation (4A)</p>	<p>2 9:00 – 4:00 Nurse (4A)  11:00 –Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>3 11:00 – Coping & Support Group(4A) 12:30 – Senior Aerobic (4A)  1:45 – Chair Yoga (7A)  2:00 – Knitting & Crocheting (4A)</p>
<p>6 9:00 – 4:00 Nurse (7A)  11:00 – Yoga w/Joanne (7A) 11:00–Brain Fitness w/Linda(4A) 12:15 – Tai Chi (4A) 1:30 – Social Dancing (4A)</p>	<p>7 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) </p>	<p>8 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  1:30-Art Class w/Fran Perrone(7A) 5:30 – English Conversation 4(A)</p>	<p>9 9:00 – 4:00 Nurse (4A)  11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A)</p>	<p>10 12:30 – Senior Aerobic (4A)  1:45 – Chair Yoga (7A)  2:00 – Knitting & Crocheting (4A)</p>
<p>13 9:00 – 4:00 Nurse (7A)  11:00 – Yoga w/Joanne (7A) 12:15 – Tai Chi (4A) 1:30 – Social Dancing (4A) </p>	<p>14 11:30 – Stretching & Toning (7A) 12:00 – Senior Fitness (4A) </p>	<p>15 10:30 – Low Impact Exercise (7A) 10:30 – Yoga(4A)  1:30-Art Class w/Fran Perrone(7A) 5:30 – English Conversation (4A)</p>	<p>16 9:00 – 4:00 Nurse (4A)  11:00–Therapeutic Stretching(4A) 11:30 – Chair Ballet (7A) 1:00 – Belly Dancing (4A)</p>	<p>17 11:00 – Coping & Support Group(4A) 12:30 – Senior Aerobic (4A)  1:45 – Chair Yoga (7A)  2:00 – Knitting & Crocheting (4A)</p>
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Trumps United

2942 West 5th St, and 458 Neptune Ave.

Brooklyn, NY 11224

718-946-7973, and 718-372-8815

www.jasa.org

9:00am - 5:00pm

May 6 and May 20 – Senior Art Program – Puppet Making – 1:30 pm (7A)

May 7 and May 13 – Brain Fitness with Elissa – 1:00 pm (7A)

May 8 – Victory Day Concert – 2:00 pm (4A)



May 9 – Afternoon Movie: “Enough Said” – 2:00 pm (7A)

May 13 – Health Lecture: “Stress” – 12:00 pm (7A)



May 13 – Brain Fitness with Linda – 11:00 am (4A)

May 16 – Health Lecture: “Stress” in Russian – 3:00 pm (4A)

May 17 – Singing Class with Elissa – 12:45 pm (7A)



 May 19 – Pizza Bingo – 12:00 pm (7A)

May 21 – Chef Lee – Italian Cuisine – 1:30 pm (4A)



May 22 – Russian Club with Irina – 2:00 pm (4A)

May 23 – Concerts in Motion – 1:30 pm (7A)

May 30 – Reminiscence with Nina – 2:30 pm (7A)

Trips

May 14 – Crystal Point Yacht Club Show – 9:30 am

May 24 – Staten Island Mall – 10:00 am

May 29 – Kohl’s Shopping Mall – 10:00 am

